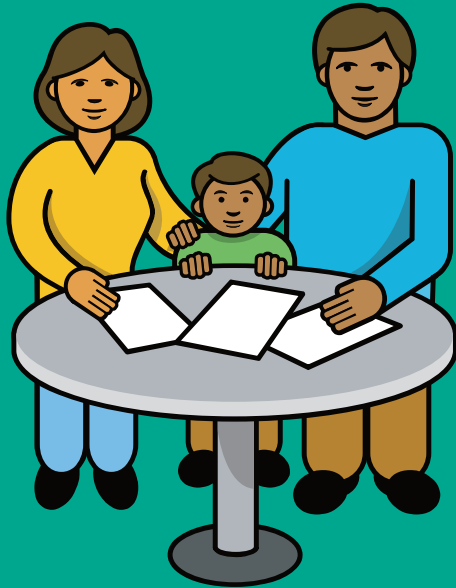


Family Communication Plan
Complete this list and make copies for each person in your home.

| | | |
|-----------------------|----------------------------|----------------------------------|
| Meeting Places | Outside your home: _____ | Outside your neighborhood: _____ |
| Out of State contact: | Name: _____ | Telephone: _____ |
| | Email: _____ | |
| Family Information: | Name: _____ | Cell phone: _____ |
| | Medical information: _____ | |
| | Name: _____ | Cell phone: _____ |
| | Medical information: _____ | |
| | Name: _____ | Cell phone: _____ |
| | Medical information: _____ | |
| Other Information: | _____ | |




Be Prepared. Plan Ahead.

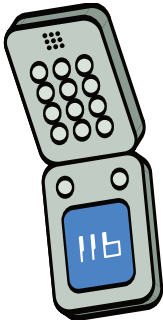
Emergency Preparedness Begins At Home



City of Newton


City of Newton
1000 Commonwealth Ave.
Newton, MA 02459
www.ci.newton.ma.us

Family Communication Plan
Know how your family will contact each other and where you will meet.



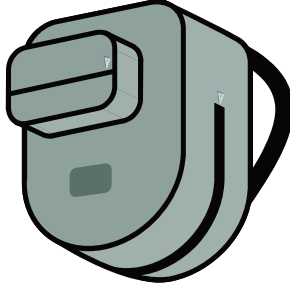
Food & Water
Have a 3-day food and water supply for each person in your home. Remember individual diet needs and plan for your pets.



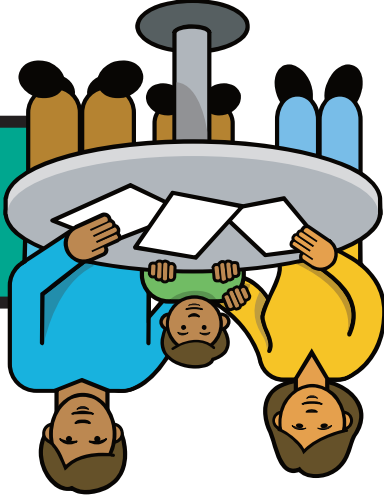
First Aid & Tools
Have a first aid kit with health products and prescription medicine.



Evacuation Kit
Have supplies ready in your car or in a backpack in case you must leave home. Pack lightly and include basic supplies for 24 to 48 hours.



Review
Every 6 months review your plans and supplies with everyone in your home. Replace expired food, water, and medicine. Update your communication plan.



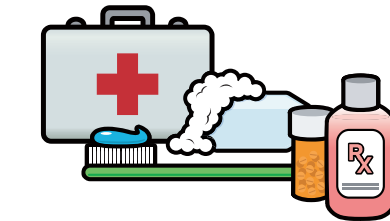
Planning ahead for an emergency will give you peace of mind and can keep your family and friends safe. Newton officials are preparing for a range of possible emergencies, from hurricanes and blizzards to a flu pandemic and acts of terrorism. You can also help. Here are some simple steps you can take to prepare.

**Your plan and emergency supplies should meet your family's needs.
Add to this list as you think of other essential items.**

Food & Water
3-day food and water supply



- Bottled Water**
- ☐ One gallon, per person, per day
 - ☐ Keep in cool, dry place
- Dry & Canned Foods**
- ☐ Canned fruits, vegetables & meats
 - ☐ Manual can opener
 - ☐ Juice boxes, canned milk
 - ☐ Dried fruit, nuts, crackers, cereal bars
 - ☐ Baby food and formula
 - ☐ Pet food



First Aid

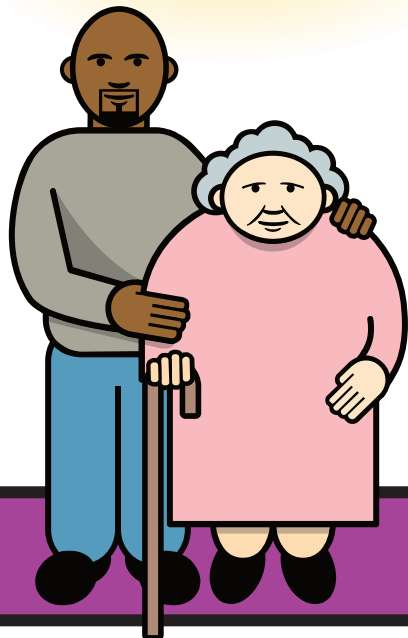
- First Aid Kit**
- ☐ Bandages, gauze, rubbing alcohol
 - ☐ Medical gloves and tape, scissors
 - ☐ Pain reliever
 - ☐ Prescription medicine
- Health Products**
- ☐ Soap, toilet paper, toothpaste

Tools & Special Items
Remember these important items:

- ☐ Flashlight, battery-powered radio
- ☐ Extra batteries
- ☐ Important documents such as birth certificates and bank account numbers



**Encourage others to plan ahead.
Remember neighbors who need help.**



Evacuation Kit
Pack lightly for 24 to 48 hours.

- ☐ A change of clothing
- ☐ Bottled water and cereal bars
- ☐ First aid supplies
- ☐ Prescription medicine

Family Communication Plan
Your family may not be together when an emergency occurs. Plan how you will contact each other.

- ☐ Include an out-of-state contact for family members to check in with.
- ☐ Complete this list and make copies for each person in your home.



Planning can be a family project. Involve children and discuss why you are planning.

Newton Resources
www.ci.newton.ma.us

Public Safety

Emergency (Police, Fire, Medical) 9-1-1
Fire (non-emergency) 617-796-2291
Police (non-emergency) 617-796-2100

Public Health

Health and Human Services 617-796-1420
Health Information Hotline 617-796-1426

Public Schools

Newton Public Schools 617-559-6000
www.newton.k12.ma.us
Recorded Information Line 617-559-9699

Other City Numbers

Customer Service/Public Works 617-796-1000
Mayor's Office 617-796-1100

During an emergency, watch local television (Comcast channels 9, 10, 26; RCN channels 3, 13, 15; Verizon channels 32, 33, 34) or listen to local radio for information and instructions.



**Be Prepared.
Plan Ahead.**

Other Area Resources

For Boston Residents

City of Boston 617-635-4000
www.cityofboston.gov
Mayor's 24-hour Constituent Service 617-635-4500

State

Public Safety
Executive Office of Public Safety 617-727-7775
www.mass.gov/eops

Massachusetts Emergency Management Agency
www.mass.gov/mema

Public Health

Massachusetts Department of Public Health
www.mass.gov/dph
Recorded Information Line 866-627-7968

Federal

Public Safety
Federal Emergency Management Agency
www.fema.gov

Homeland Security
www.dhs.gov

Public Health

Centers for Disease Control
www.cdc.gov

Environmental Protection Agency
www.epa.gov

Health & Human Services
www.hhs.gov/emergency

Preparedness Resources

American Red Cross
www.redcross.org

Medical Reserve Corps
www.medicalreservecorps.gov

Ready.gov
www.ready.gov

Planning For Your Pets
www.ready.gov/america/_downloads/pets.pdf



Developed by the Cambridge
Advanced Practice Center for
Emergency Preparedness